

# SABBATH RHYTHMS TRACKING COMPANION GUIDE

## rest is part of the program.

Step 1: Notice & become aware of your rhythms. Think hour by hour, all 168 of them. Ideally, track two weeks. Download the Now Then Free app or use your phone calendar. Do you know your prime time, your peak mental focus & flow groove?

### part one of my rhythms

#### early, early morning 12-5am

Track your 168 minutes with the Now Then Free app. [Click here.](#)

If you want to budget your finances faithfully, you record your spending & savings. Likewise, if to notice & honor your rhythms.

This app will track what you're doing, in categories. In the comments section, specify what you did, it gives you more info to work with later.



#### mid-morning 8-10am

Kairos (καιρός) is an ancient Greek word meaning the right or opportune moment (the supreme moment). The ancient Greeks had two words for time, chronos and kairos. While the former refers to chronological or sequential time, the latter signifies a time lapse, a moment of indeterminate time in which everything happens. Ephesians 5:16



#### early morning 5-8am

Start whenever you desire; it doesn't have to be a Monday morning. Just begin :)

iPhone iOS 10 users: Are you aware of the Bedtime mode in the Clock app?

The Sleep Cycle app is unbelievably extensive in iTunes & Google Play.



#### early afternoon 12-3pm

Think of yourself as a Freelancer billing your time to different projects. Keep the spreadsheet with you. If you forget to record what you're doing for a while, just approximate the time later.

Remember, you can't control or manage time, but you are empowered & commanded by a benevolent God to be self-controlled. It's a fruit of the Spirit. Galatians 5:22, 23.

### how are you feeling after lunch?

YOUR ENERGY LEVEL



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part one of my day  
dedicated to my dog loving friends

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### part two of my rhythms

#### mid-afternoon 3-5pm

You may desire to go a second week to reveal your overall time. It will shine more light for you. Of course, some weeks are just like night and day depending on what's going on or the needs in a given season of life.

Did you notice your mental peak focus and flow time?



#### mid-evening 7-9pm

Do the numbers reflect the number of hours you'd like to "bill" to these projects?

Realistically, consider where to delegate, ask for help, say "no", say "yes", decrease time in an area, or increase time in an area. Consistency is key.



#### early evening 5-7pm

How much time did you spend working? Commuting? Interacting with family or friends? On social media? Sleeping? Exercising? Scripture Meditation and Bible study?

Self-care (like showering, reading, doing your hair)? Doing housework or household administration? Watching Netflix?



#### late evening 9-11pm

Did you notice when you begin to naturally gear down, mentally?

Honor your humanity by accepting your lovely limitations.

If there is one recommendation I'd give you to be more effective, it would be to direct you to the Stephen Covey website, <https://www.stephencovey.com/7habits/7habits.php>.

### before bedtime do a gratitude check.

YOUR ATTITUDE OF GRATITUDE?



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